

Greek Pan-Fried Perch with Spinach Hummus



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The traditional diet of many Mediterranean countries is heavy in fish, tomatoes, olive oil, and hummus. My father, a Cypriot Greek, would have absolutely loved this recipe. Papa, this one's for you!

SERVES:

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INGREDIENTS:

Fish

- 1 perch fillet, skin off
- 2 Tbsp extra virgin olive oil
- 1 clove garlic, sliced
- ¼ red onion, sliced
- ¼ zucchini, sliced
- 8 kalamata olives
- 1 pinch of lemon pepper
- 1 pinch of fennel seeds
- Salt & pepper
- Juice of ½ lemon

To Serve

- ½ handful of fresh mint leaves
- Spinach Hummus (see separate recipe)

INSTRUCTIONS:

1. In a large hot frying pan, brown the garlic, red onion, zucchini and kalamata olives in extra virgin olive oil. Add the lemon pepper and fennel seeds, and season with salt and pepper.
2. Next, season the fish with salt and pepper, and fry in the pan for about 5 minutes or until cooked through. Squeeze lemon juice over the fish and remove from the heat.
3. Garnish with mint leaves and serve on a bed of spinach hummus.

TIP: I tend to use extra virgin olive oil in this recipe because it gives it a full rich flavour, which works really well with this style of dish.